An experiment on Remote Viewing

ULYSSES PROJECT

Directed by Enrique Ramos Corbacho
Outreach Trainer of the Monroe Institute® y member of its Professional Division

Key words: remote viewing, Star Gate, Hemi-Sync, Monroe Institute, deep states of consciousness

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Introduction

Remote Viewing is defined as the human ability to obtain information about a specific target without the participation of the five physical senses, while the person who practices it remains isolated and/or away from that target and while adjusting to a specific protocol previously settled down. During the decades of the 1970s, 1980s and 1990s, the two world powers the USA and the Soviet Union, pursued control of this phenomenon and employed people endowed with this capacity for the fulfillment of police, military and espionage tasks.

In the USA, the secret remote viewing program called Star Gate occupied an army sector between 1978 and 1995, yielding excellent results according to its protagonists. One of them was the soldier Frederik Holmes Atwater ("Skip Atwater"), in charge of coordinating and recruiting candidates within that project. In developing its obligations aimed at finding new ways of training in remote viewing for the military assigned to the program, Atwater contacted the Monroe Institute in 1977. In this specialized foundation, Robert Monroe worked with an audio technology called Hemi-Sync® for the development of the capacities of human consciousness. Surprised by the potential of the technology, Atwater got this institution located in Virginia to collaborate with Joe MacMoneagle, the 001 psychic agent, and other members of the Star Gate project. Between 1982 and 1984, a group of soldiers were trained with Hemi-Sync® audio technology at the Monroe Institute to improve their remote viewing skills. The results obtained were significantly positive.

The Ulysses Project is a real experiment for the collection and evaluation of data from a sufficient number of remote viewing sessions using the same audio technology.

Materials and methods

Selection of the participants

The individuals were selected from the Enrique Ramos database, which contains the records of the participants at the *Excursion* weekend workshop of the Monroe Institute, where the attendees had become familiar with the management of Hemi-Sync® technology. However, these people were not experts and were not specifically trained in the remote viewing abilities. At the beginning of the project, 88 subjects participated, a number that decreased slightly later.

Project duration

Each participant in the experiment conducted one or more sessions a week of remote viewing with Hemi-Sync® technology. These sessions were conducted by participants in their own homes. The weekly session or sessions took place at any time of the corresponding week, at the participant's choice. The total duration of the project was 5 weeks, beginning on Monday, October 28th, 2019 and ending on Sunday, December 1st, 2019.

Targets

The purpose of each week was to describe a photograph showing a simple object. Participants were allowed to perform as many sessions as they wanted or needed (at least one) during the week, always focusing on the same weekly goal. Each week, the target was obviously different.

Targets selection

The organization and development of a remote viewing session require complex protocols and standards. Most of these procedures were defined in the 1970s at the Stanford Research Institute (California), during the investigations of scientists Hal Putoff and Russell Targ. This institution worked closely with members of the Star Gate program developed by the USA Army, mentioned above, for active military training.

The characteristics of the Ulysses Project did not allow the complete replication of all necessary standard conditions, mainly because the subjects acted independently from their homes. This circumstance prevented the presence of any minimal external control action. However, the main double-blind standard was applied in the selection of the five images that constituted the five targets of the experiment. This means that the images were chosen without the knowledge of the participants and without my own knowledge. To fulfill this purpose, a third person participated, totally anonymous for the participants. His identity, which remained hidden throughout the process, was only known to me.

The task of this person was to select one image per week by using a public website. Previously, within this website, it was necessary to choose a category (objects, names, animals, movies, etc.). The category used for the Ulysses Project was *things*. Within it, the website can choose one or more objects from a database with 1,000 elements, completely randomly:

www.randomlists.com.

The participants were completely unaware that this means of choosing target was being used.

Necessary material

Each participant had the possibility to use the type of Hemi-Sync® audio they preferred. The only requirement was that the chosen track would facilitate access to focus 12 and, if not possible, to focus 10. Some recommendations of titles were sent in advance to the participants. Participants had the option of using the same Hemi-Sync® title in all sessions or alternating different audios based on their preferences.

Methods

Days before October 28th, 2019, the start of the project, five images were selected and registered on a computer, and were assigned to each of the five weeks. On Monday of each week of the project, beginning with October 28th, and continuing with November 4th, November 11st, November 18th and November 25th, participants received an email to be informed that the corresponding target of that week had already been selected.

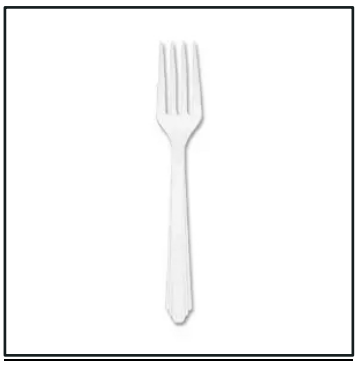
Upon receiving the mail that opened the corresponding week of the experiment, the participant could do the session with Hemi-Sync® when he/she wanted. They were free to do more than one session for the same target. Once the session was over, the participants collected all the data obtained, trying to figure out the object that had been selected for that week. Immediately after, the participants filled out and sent the corresponding form, whose results were automatically stored in a database. If they had completed more than one Hemi-Sync® session for the same purpose, the participants only could fill in one form, with the data of the most important session.

The Sunday of the corresponding week was the deadline to submit the report. No participant was authorized to submit their form later Sunday, since said report had been invalidated and, with it, the entire corresponding session.

This ended the weekly homework. The participants were waiting for the following Monday, in which they received a new email with the authorization to start another week with a different goal. In the same email, the image that was the target of the previous week was included. The purpose was to favor feedback on practices and increase learning for the benefit of future sessions.

These were the randomly selected targets, following a double-blind protocol:

Week 1: a fork



Week 2: an apple

Week 3: a camera

Week 4: an Irish flag on wooden pole

Week 5: a motorcycle helmet

Note: images extracted from the web www.randomlists.com

STATISTICAL ANALYSIS

The limited number of initial participants (eighty-eight) does not allow the elaboration of a complex statistical analysis from which to obtain definitive conclusions about this extrasensory capacity. However, it is extremely useful for a statistical study of a purely descriptive nature, since it includes a total of 387 remote viewing sessions. This approach has led to the revelation of interesting aspects about the practice of this capability using Hemi-Sync® audio technology.

Participants

During the first week, the original group consisted of 88 people. Chart 1 shows its distribution by gender:

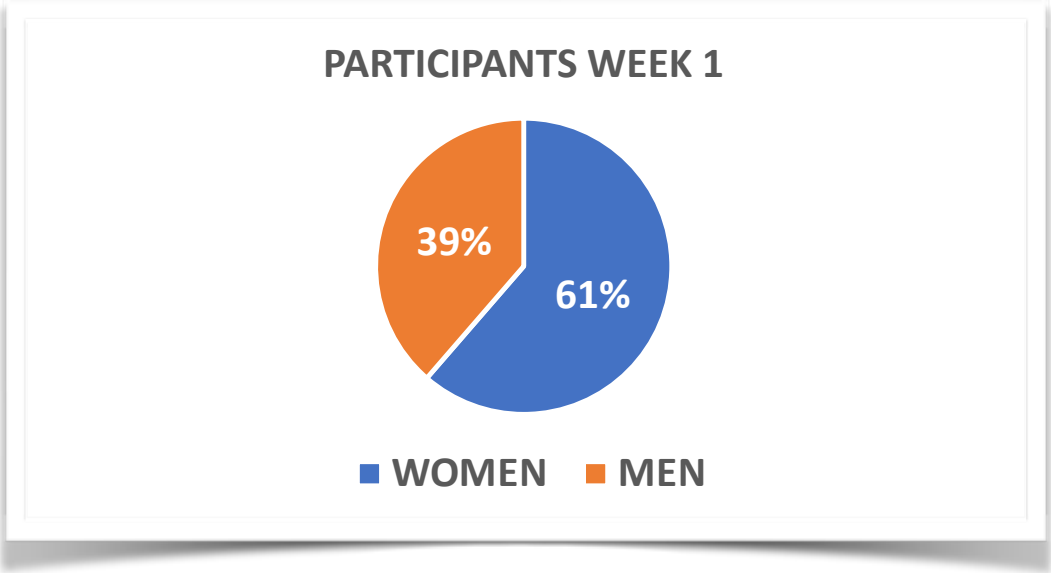


Chart 1

Over the course of the five weeks, the number of participants slowly decreased. Although it is pure speculation, it is understood that in some cases the demotivation could influence due to lack of results; in others, the impossibility of performing the practices for various reasons. Chart 2 shows this evolution:

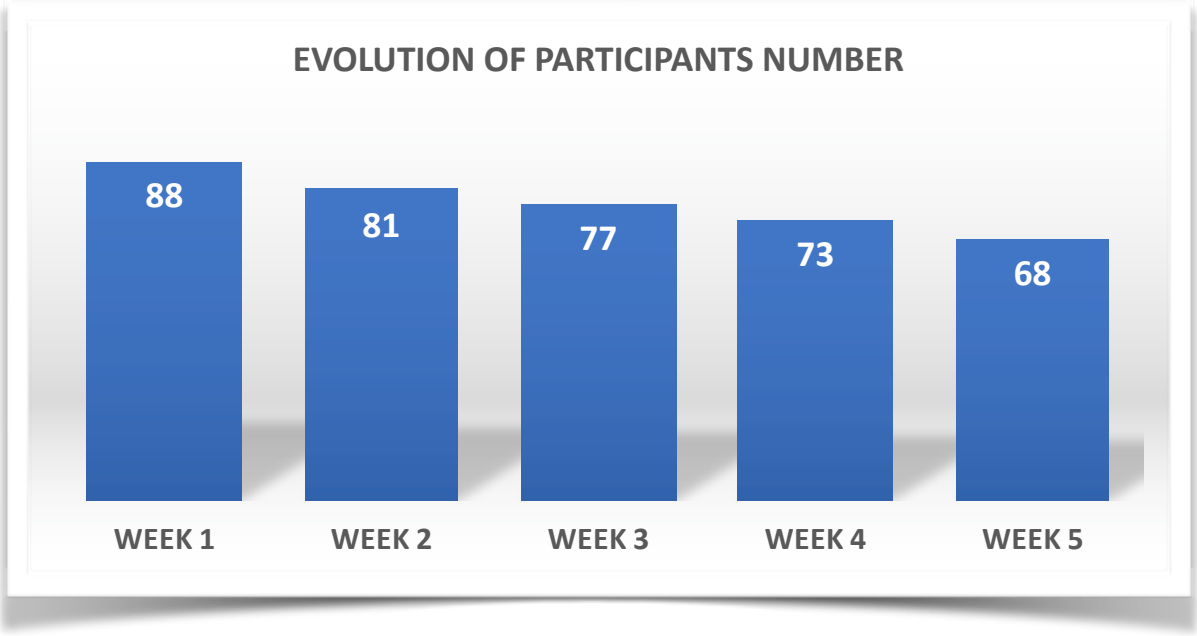


Chart 2

The age group with the highest number of participants, in every week, was the age range between 50 and 59 years, followed by the age range between 40 and 49 years. The evolution of participants by age is reflected in charts 3 and 4:

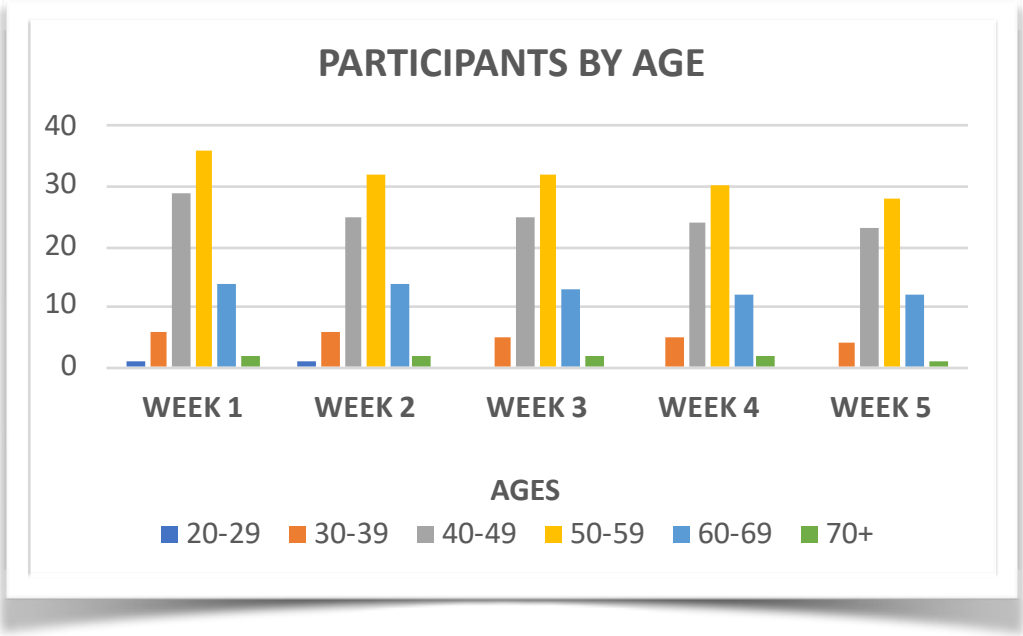


Chart 3

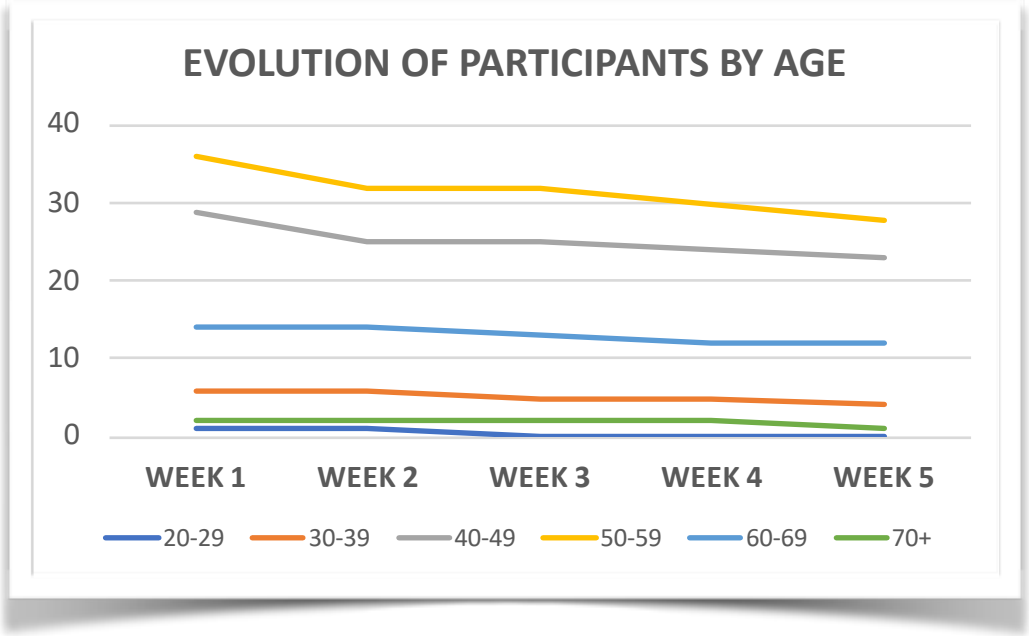


Chart 4

The withdrawal from week 1 with respect to the remaining participants of week 5 was proportionately higher among men than among women, as shown in chart 5:

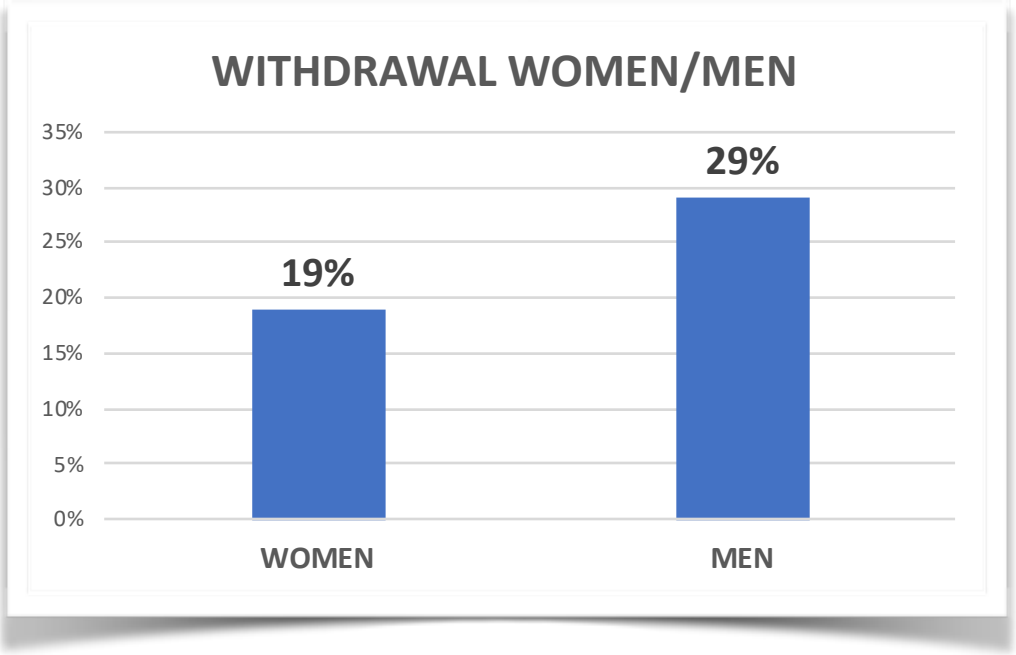


Chart 5

Hemi-Sync® sessions

In order to analyze the duration of the sessions chosen by the participants, we can take as reference the duration of the session in week 1 (chart 6):

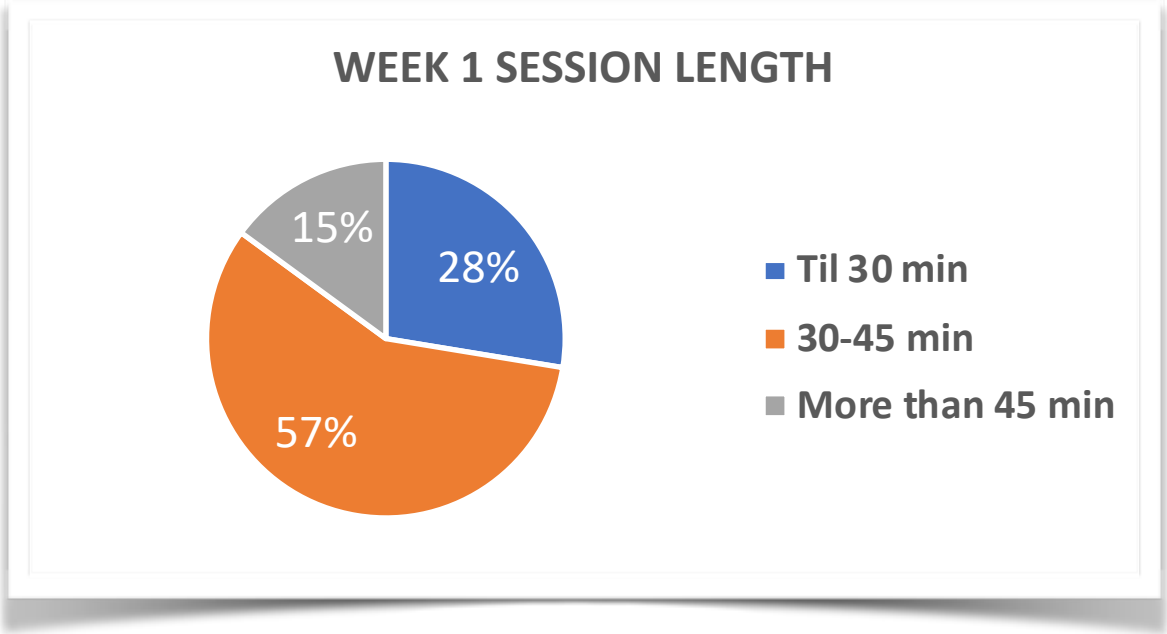


Chart 6

More than half of the participants (57%), selected a length between 30 and 45 minutes, and only 15% chose a high-duration track (more than 45 minutes).

Chart 7 summarizes the mood with which the participants reported starting the sessions:

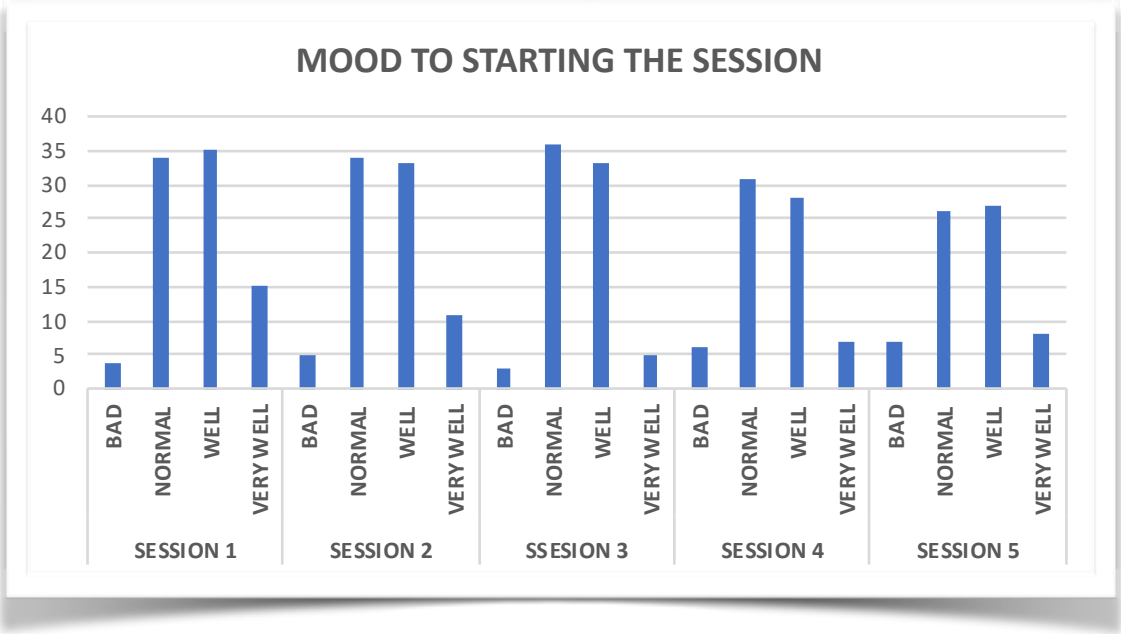


Chart 7

This is the statistical result regarding the mood prior to the sessions corresponding to all sessions (that is, 387 sessions):

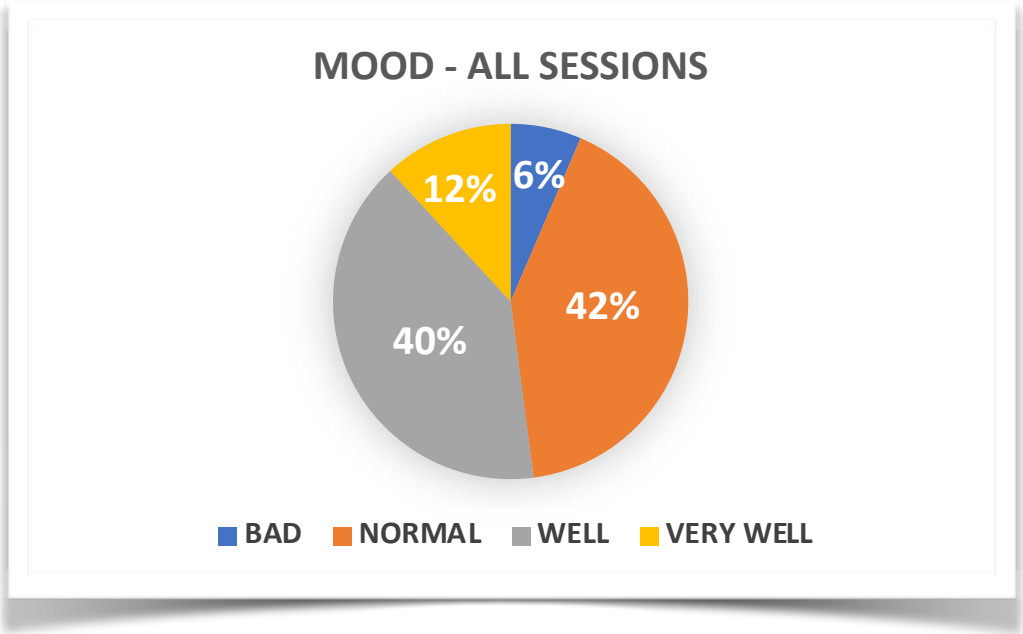


Chart 8

52% of the sessions were started in a "good" or "very good" mood. Only 6% of the 387 sessions were executed starting from a state described as "bad". This data could be reflecting a high level of motivation in most of the participants involved.

With reference to the type of audio, considering all sessions, the percentage of participants who used titles containing verbal guidance or simply Hemi-Sync® (Mind Food or others) was much higher than the percentage of individuals who opted for the use of titles with music (Metamusic):

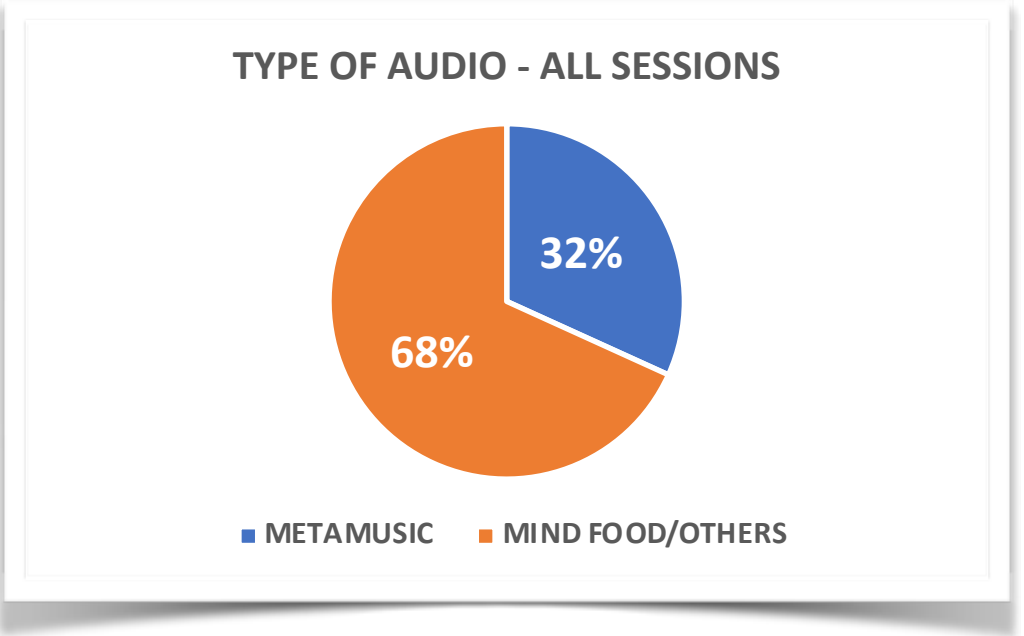


Chart 9

Almost in one third of the sessions (29%), participants experienced eye movements. This effect, almost identical to that shown by people during the REM phases of sleep, is usually

related to the use of focus 12. In general, it announces to the users of Hemi-Sync® the beginning of realistic and concrete visualizations (chart 10):

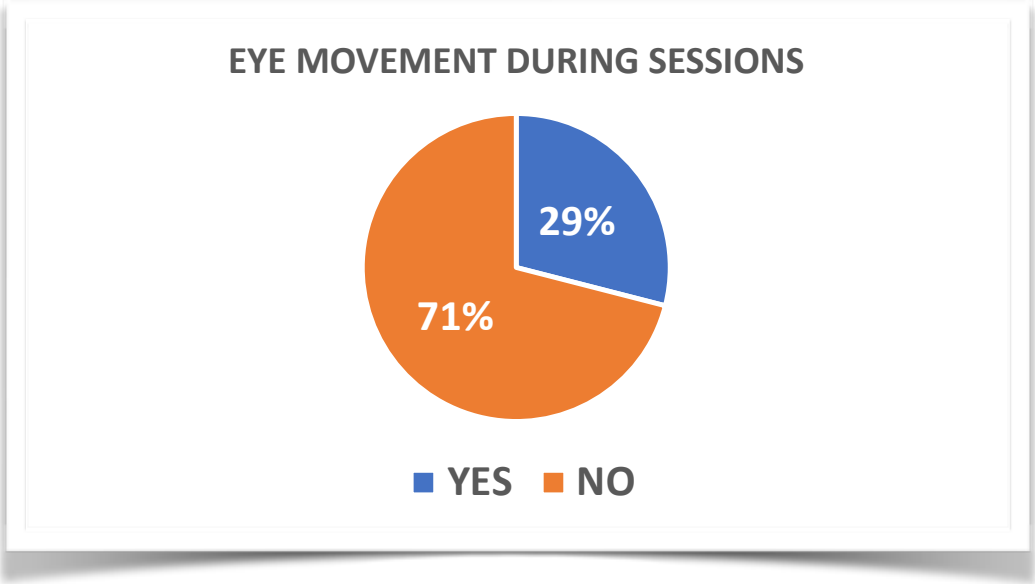


Chart 10

Temporary disconnections of consciousness, called click-out in The Monroe Institute terminology, are quite common during sessions with Hemi-Sync®. The person feels that has missed part of the session but knows that has not fallen asleep. It is similar to a shutdown of the conscious mind, followed by a power up few seconds or minutes later. The cause of this effect is not clear enough, but these are some of the possible reasons that we consider in the Monroe Institute:

- It is not the right time to process the information received
- The amount of information is so large that the conscious mind cannot assimilate it in its entirety.
- The information received lacks spacetime parameters, which prevents its conscious acceptance.

Chart 11 shows that the incidence of click out during all the sessions was significantly high, since it appeared in two thirds (66%). In 2% of the sessions, the click out took all its duration:

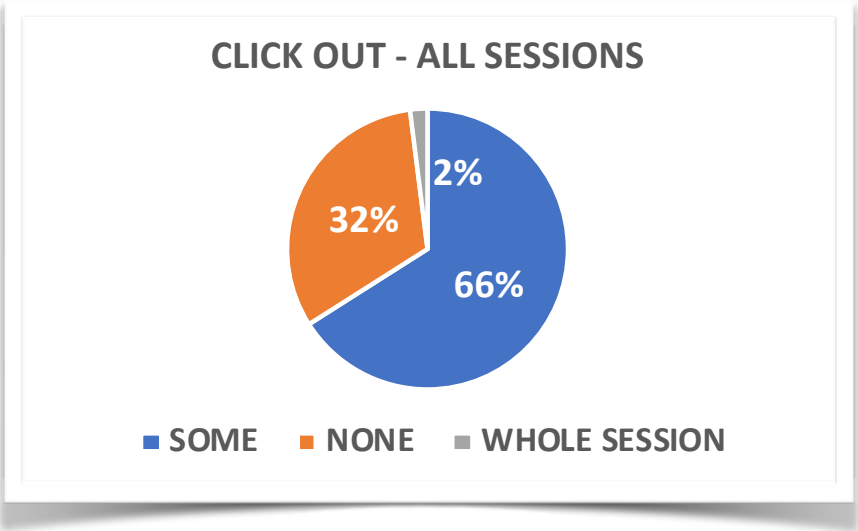


Chart 11

The primary means by which the information reached the participants (chart 12) was the non-physical sense of sight (82% of the sessions). That is, the information was captured mostly through images displayed on the screen of the mind. The rest of the reception modes were far away. This circumstance was expected since, in the perception of the human being, sight is a dominant sense. The second in frequency was the reception by means of *information balloon* (6% of the sessions). This way, well known among practitioners of the different disciplines related to the extrasensory capabilities, represents the admission of data as a complete, but simple, set of ideas, concepts and impressions, without the intervention of visualizations.

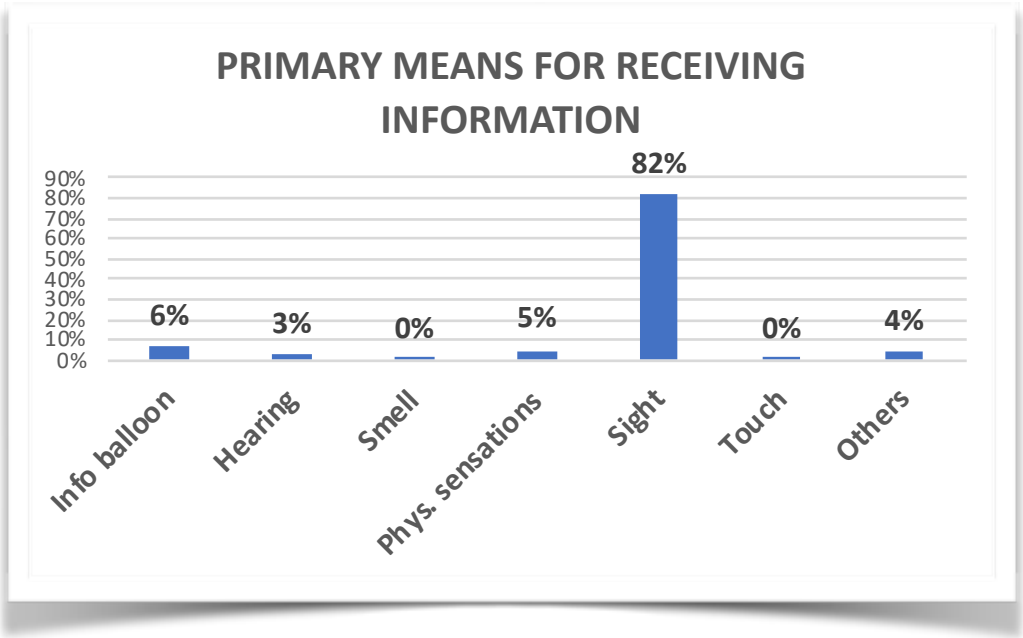


Chart 12

90% of the participants relied on their memory to record the information they were receiving during the session, and only 7% drew their impressions on paper (chart 13). And 2% of the individuals used some type of voice recorder.

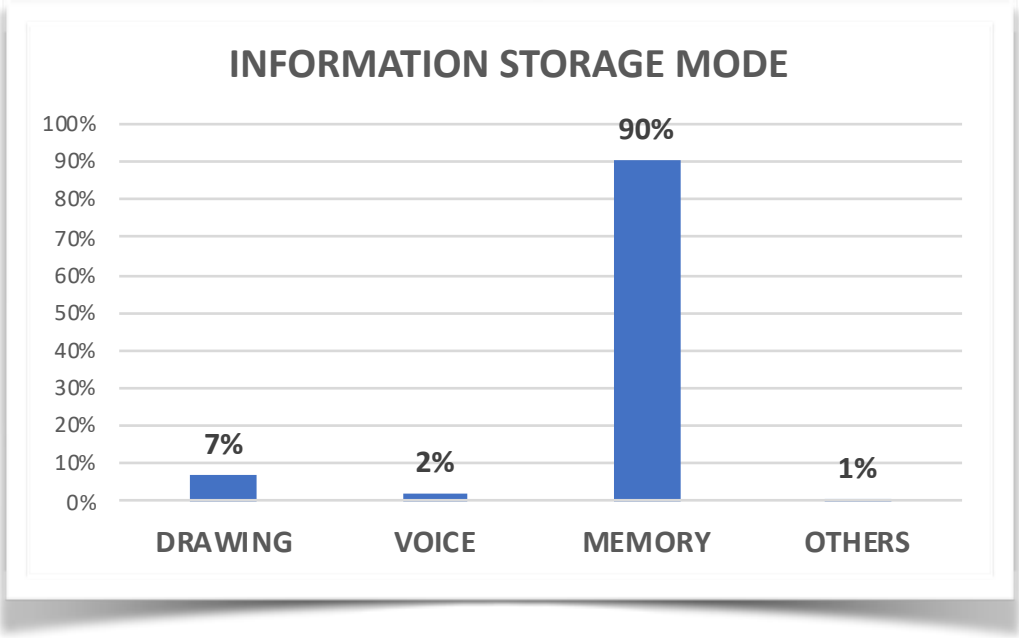


Chart 13

Finally, chart 14 presents the body posture of the participants considering all the sessions:

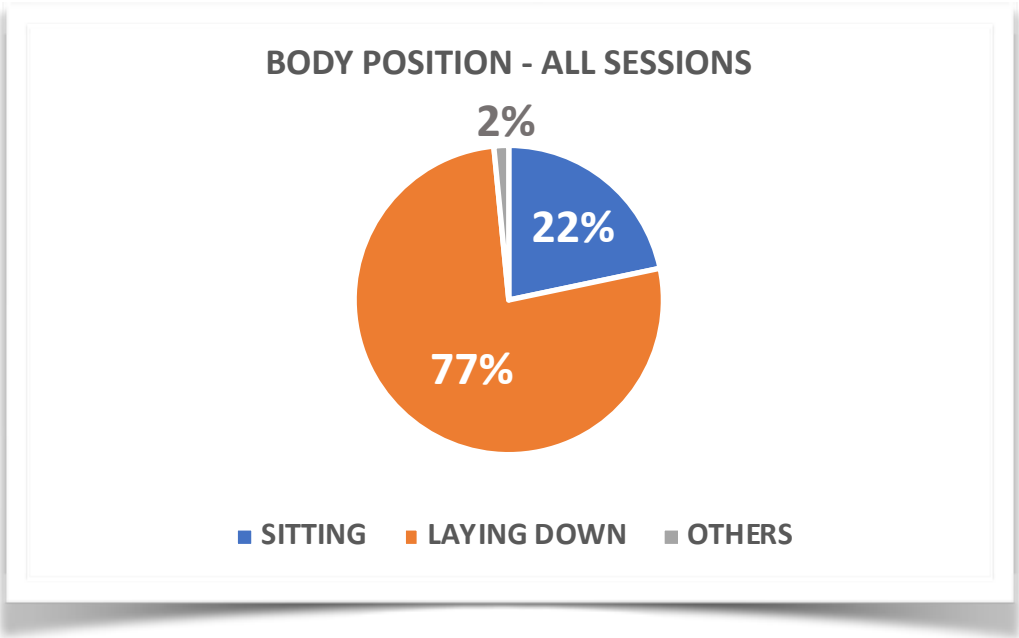


Chart 14

STATISTICAL ANALYSIS: COMPARISONS

As I mentioned earlier, the limitation of the samples collected (387 sessions), allows us to make a descriptive statistical analysis, reflected in the previous section. However, the total number of samples is adequate to draw simple conclusions that, on the other hand, are revealing. For this, variables have been crossed on different comparative charts that are presented below.

Eye movements versus gender

Chart 15 shows, in proportion, a greater incidence of eye movement in sessions carry out by women than in those executed by men (31% of the sessions in women versus 20% in men):

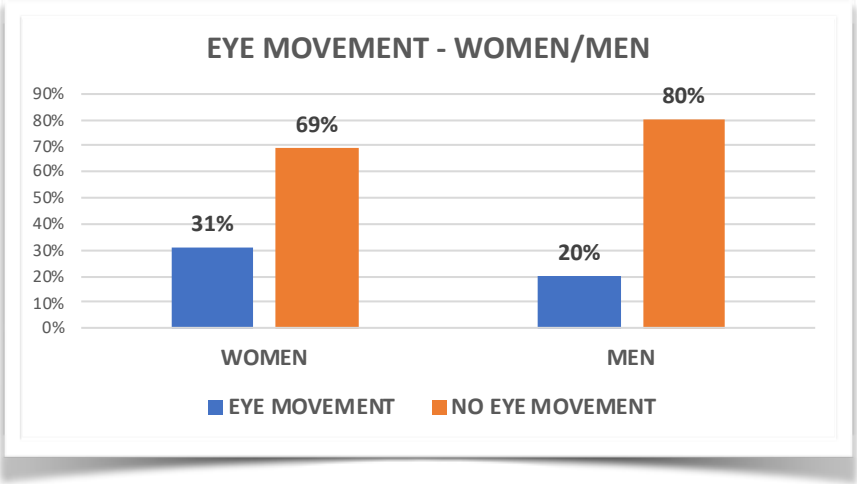


Chart 15

Click out versus gender

There were no differences in the frequency of click out in women compared to men (chart 16):

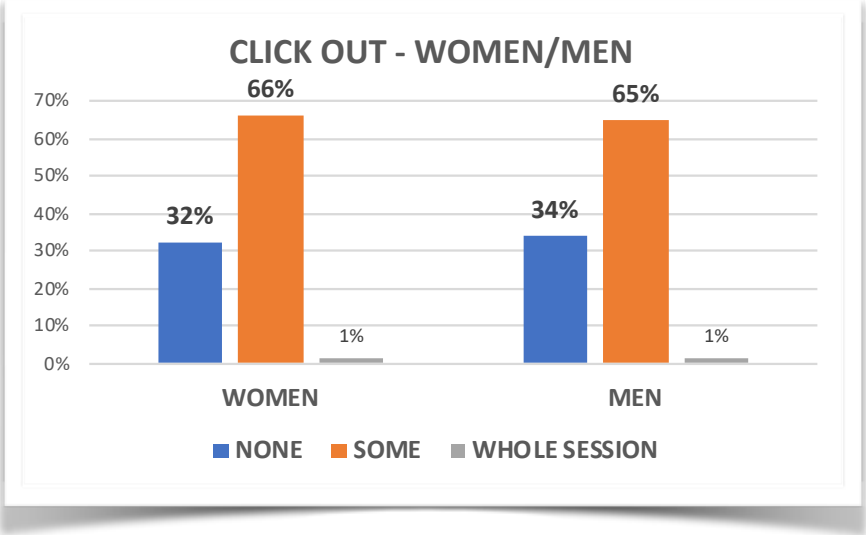


Chart 16

Click out versus type of audio track

Although the participants who chose Hemi-Sync® titles that contained music (Metamusic) represented a minority, chart 17 clearly shows that the click out were proportionately more numerous in the sessions conducted with Hemi-Sync® titles that included music:

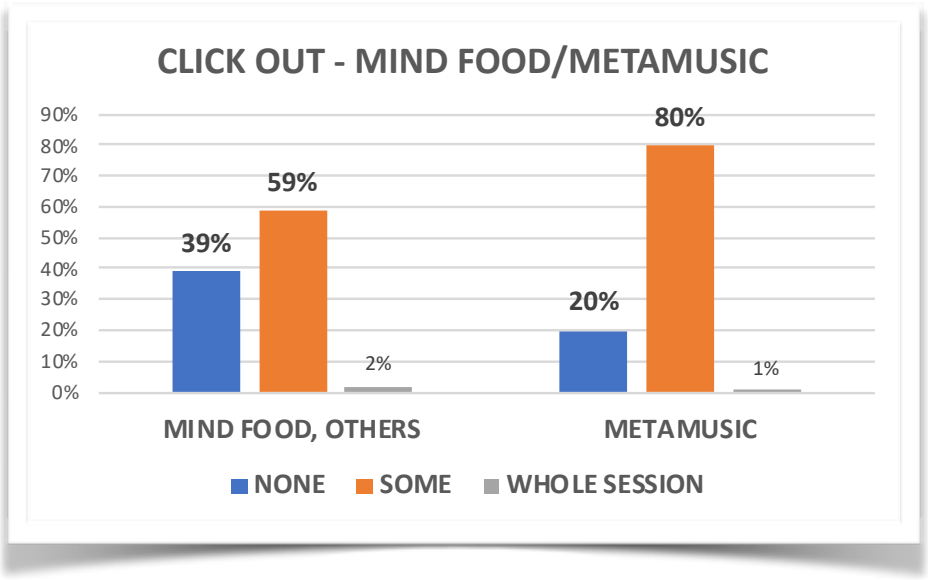


Chart 17

Click out versus sessions length

The sessions with lengths between 31 and 45 minutes had the least number of click out (chart 18). The greatest impact of click out happened, as expected, in the longer sessions (more than 45 minutes long). This would show that prolonged sessions, for obtaining information, are less adequate because the excessive deepening in the state of consciousness can lead to a loss of the collected data.

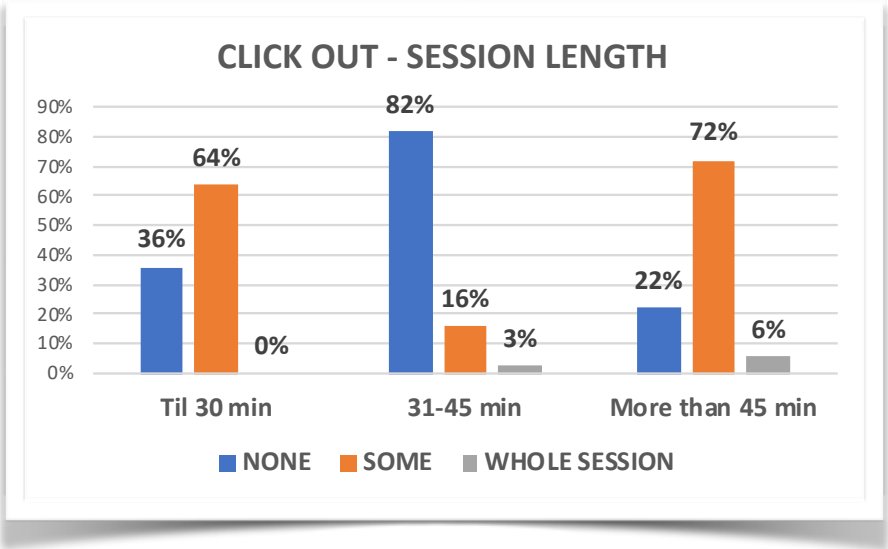


Chart 18

Means of receiving information versus gender

No differences were observed in the mode of data collection according to the gender, all the values being very similar in both cases (chart 19). Perhaps we could highlight the absence, among men, of sessions in which the information comes through physical sensations, compared to 7% in the case of women:

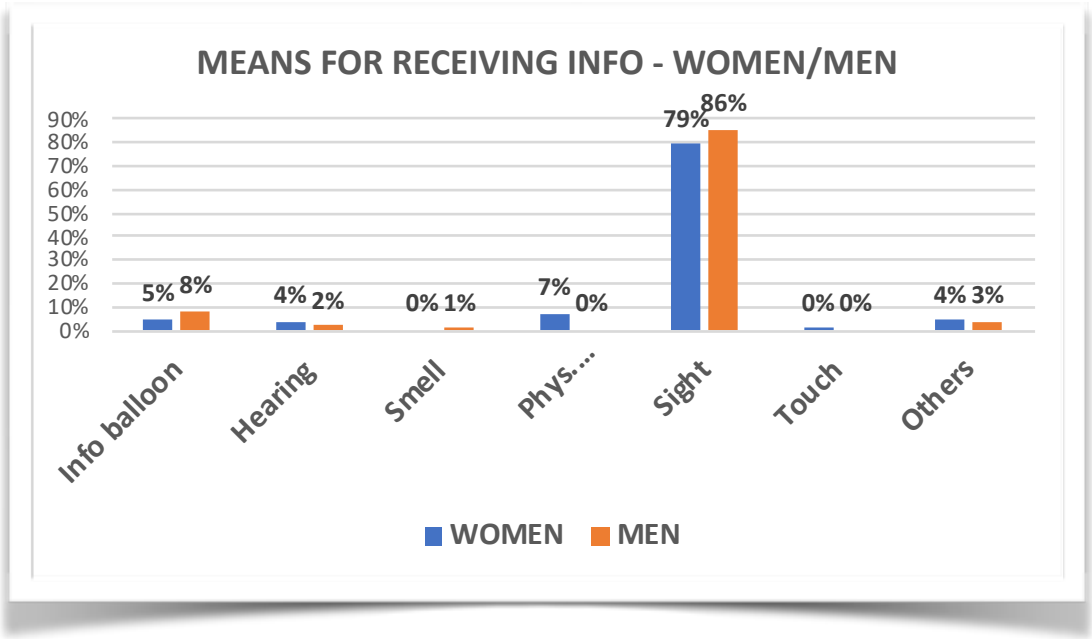


Chart 19

Means of receiving information versus type of audio

No influence of the type of audio track is detected on data collecting means (chart 20):

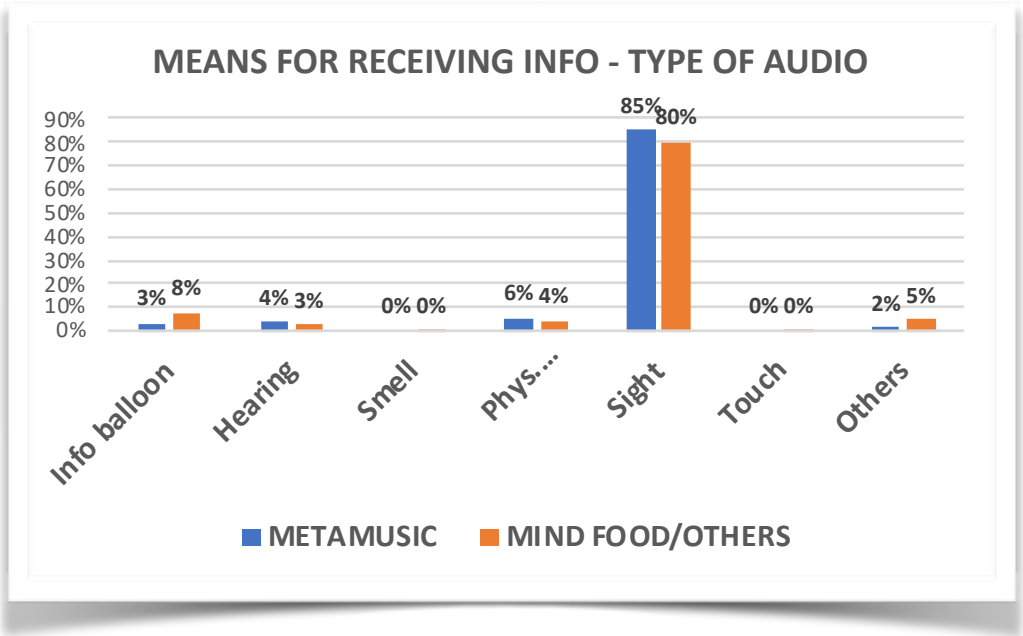


Chart 20

Information storage mode versus gender

The percentages are very similar in both genders (chart 21):

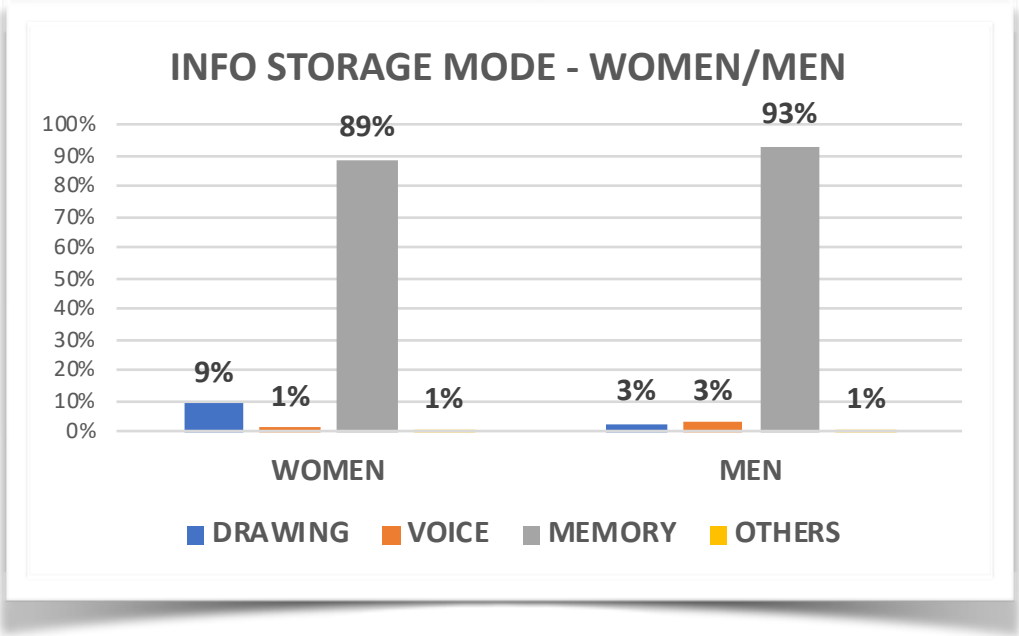


Chart 21

Click out versus body position

The result of this comparison was also as expected. The frequency of click out was lower in the sessions in which the person remained sitting instead of lying on a bed (chart 22). One of the strategies that we recommend at the Monroe Institute to reduce the possibility of experiencing a click out is precisely to place yourself in a position that does not favor relaxation and sleep, such as sitting on a chair.

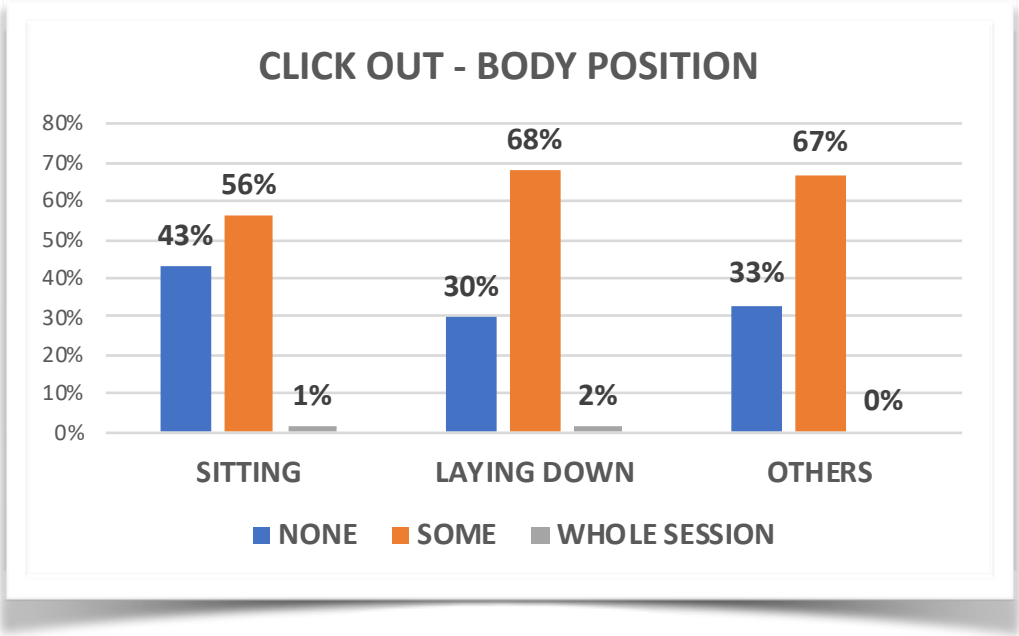


Chart 22

RESULTS AND CONCLUSIONS

I have considered the assessment of the answers based on two accuracy levels: totally and partially accurate answers. Following the classification created by the remote viewing expert Ingo Swann, I have considered the partial accurate answers as proof of compliance with the objective. Swann actively participated in the secret remote viewing programs in the USA between 1970 and 1995, called *Scanate* and *Star Gate*. In the first of them, Ingo Swann worked as a remote viewer and in the second one as a trainer.

Ingo Swann organized the performance of the remote viewing sessions in four categories, ordered from least to most accurate in the results with respect to the target:

1. Error contributions. When the viewer offers an answer that nothing or little had to do with the target.
2. Associations. When the viewer describes an image that is connected in some way with the target, either by its own nature, or by the feelings that both produce in the viewer, either by representing a part or by sharing similar forms.
3. Lack of fusion. When the viewer has captured scattered, but correct, parts of the objective image, but has grouped them poorly, resulting in an inaccurate image.
4. Accuracies. When the image described by the viewer is practically identical or totally identical to the target.

For the Ulysses Project, I have considered the type 2 and 3 from the Ingo Swann classification as “partially accurate answer”, and the type 4 as “totally accurate answer”. And the three cases together as "accurate answer". In the Ulysses Project, the accurate answers represent 6% of the remote viewing sessions (chart 23), a very significant value, if we consider the lack of experience of all the participants in the practice of the remote viewing and the challenge involved having to guess an image from among the infinite photographs that could have been selected. Let us keep in mind that, although the image database had a thousand photographs, the participants started with the idea that the choice of each week could be any object among the infinite objects that exist in the world.

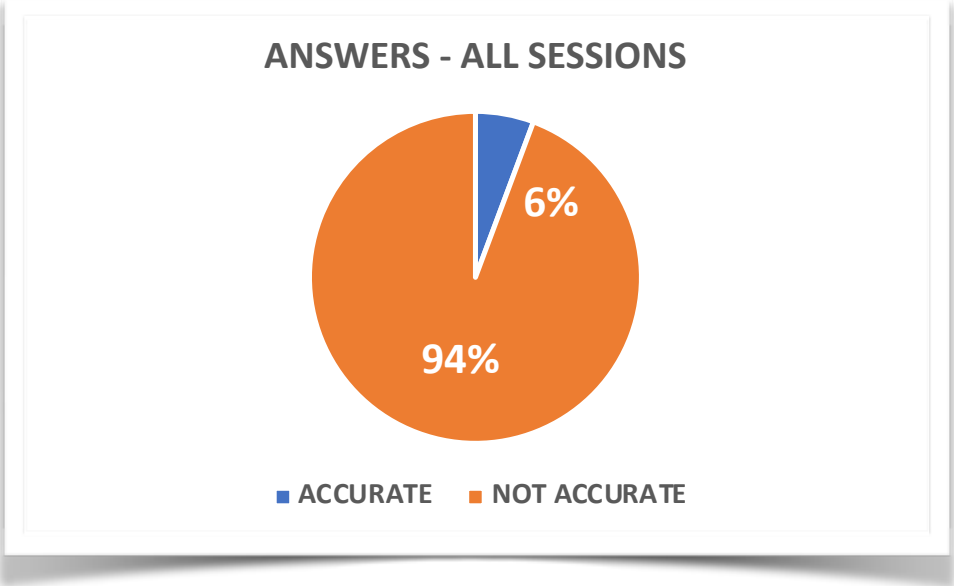


Chart 23

Chart 24 illustrates the distribution by weeks:

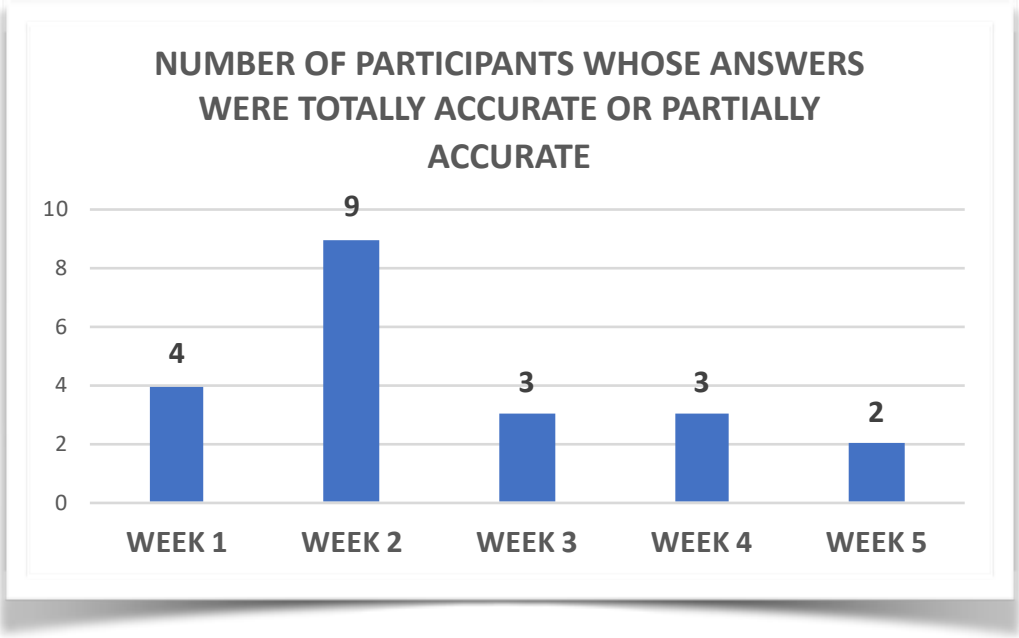


Chart 24

If we consider the accurate answers proportionally to the number of weekly participants (chart 25), we obtain success rates between 3% and 11%. Week 2 is enormously significant, as the data shows that 11% of the participants had either a partial success or a total success in their remote viewing session.

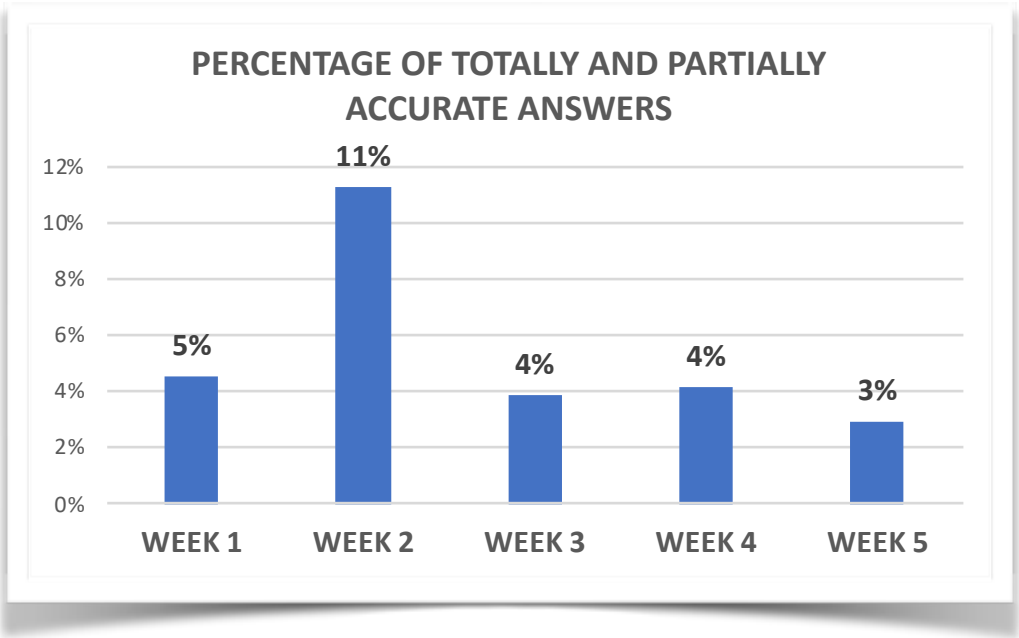


Chart 25

The following table shows the specific accurate answers:

	Target	Literal response of the participant	Classification
WEEK 1	FORK	A silver kitchen object, a spoon	Partially accurate
		Metallic object, a fork	**Totally accurate**
		First vision of a very blurred circle and immediately I see a silver metallic object with a cold tactile sensation. With edges. Later I begin to perceive that edge as the handle of a cutlery, with its carved edges, like those cutleries from past times. That image does not leave me at any time. Then I think I see that it is a fork, but I also see a girl's hair and I doubt if it can be a silver pin, something ornamental. At the end of the session I see a kitchen with its plates and cutlery. I am inclined to think that it is a cutlery. The most persistent vision has been to see, touch and feel the handle of that cutlery, seeing very clearly the ornamental detail	**Totally accurate**
		Butter knife. Completely metallic with a decoration engraved on the handle	Partially accurate
WEEK 2	RED/YELLOW APPLE	A hot air balloon, the balloon like a big ball with red and white vertical stripes, and ropes that hold a wicker basket	Partially accurate
		A ball	Partially accurate
		I saw something yellow resembling a fruit, images of a pineapple	Partially accurate
		A balloon	Partially accurate
		A ball	Partially accurate
		Orange basketball ball with yellow lines	Partially accurate
		A ball	Partially accurate
		marbles	Partially accurate
		White ball	Partially accurate
WEEK 3	BLACK CAMERA	Eye	Partially accurate
		Square photo frame	Partially accurate
		Black sunglasses, rayban type	Partially accurate
WEEK 4	IRISH FLAG ON A WOODEN POLE (green, white, orange)	A cane, or staff, of knotty wood, of a tree branch	Partially accurate
		I got a rectangular shape, the color red, the color blue and the number 7	Partially accurate
		I have perceived, practically at the beginning of the session, the image of a notebook. I clearly felt that the covers were hard, orange and with spiral binder	Partially accurate
WEEK 5	MOTORCYCLE HELMET	A black circle with something transparent. A circle with ropes inside. A circle with radius inside.	Partially accurate
		Red motorcycle helmet with white stripe in the middle	**Totally accurate**

There is an additional set of totally accurate answers that have not been considered in the analysis. Some participants reported that, during the session, they had visualized the right target of the week in addition to other failed image they transmitted. These communications occurred a few days after the revelation of the target of the week, so they could not be registered as they had no statistical value.

On the other hand, I have collected some interesting cases that could be considered as "successes with temporary displacement", although they have not been considered in the analysis previously exposed. In some weeks, a percentage of participants visualized the objective belonging to the immediately following week. That is, those individuals did not match the image corresponding to the current week, but the image captured coincided with the photograph selected for the following week after the session. For example, in week 2, the image chosen was an apple; a woman who participated in the project wrote the following comment on her form:

"I saw a building that opened in the middle and grew up and down becoming very large. There was a girl with a camera. At another time I saw groups of people watching photos"

Therefore, her final answer was that the target of that week 2 was "a camera". The image selected for week 3 was precisely a camera. This interesting effect may have its origin in the inaccurate focused intention of the participants in relation to the time frame. It is possible that those participants did not pay too much conscious attention to the time frame, making a generic mental request about the target, without specifying week number. That could explain the "temporal deviation."

Acknowledgments

I would like to acknowledge the excellent willingness of all the participants, both those who completed the five sessions of the Ulysses Project and those who gave up in the middle of the process. All of them cooperated selflessly to make this study possible.

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